



Flourish Studio

WEEKLY ROOM SCHEDULE

Move. Nourish. Recover. Flourish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 – 7:30am Circuits <i>In the Gym</i> CLAIRE	6:30 – 7:30am Circuits <i>In the Gym</i> JENNY		6:30 – 7:30am Circuits <i>In the Gym</i> CLAIRE	8 – 9am TRX FERGUS OR CHRIS	8 – 10am Sound Bath Meditation KASIA
7:30 – 8:30am Stretch JO	7:30 – 8:30am Ashtanga Yoga LAURA	8 – 9am TRX CLAIRE	8 – 9am Body Combat JO	8 – 9am Yoga KASIA	9:15 – 10:15am Circuits <i>In the Gym</i> FERGUS OR CHRIS	10:30 – 11:30am Pilates MARY
8:45 – 9:45am Body Combat JO	9 – 10am Pilates MARY	9:45 – 10:45am Yoga FRAN	9:30 – 10:30am Vinyasa Flow LAURA	9:15 – 10:15am Stretch KASIA	10:30 – 11:30am Pilates MARY	12 – 1pm Yoga ETTA
10 – 11am Vinyasa Yoga DORA	10:30 – 11:30am Zumba Gold <i>Over 60s</i> KERRY	11:30am – 12:30pm Vinyasa Flow LAURA	10:45 – 11:45am Yin Yoga LAURA	10:30 – 11:30am Body Combat JO	12 – 1pm Weights FERGUS OR CHRIS	1:15 – 2:15pm Yoga ETTA
11:05am – 12:05pm Mobility & Flexibility Yoga DORA	12 – 1pm Yoga KASIA	12:45 – 1:45pm Yin Yoga LAURA	12:30 – 1:30pm Eccentrics LARISSA		1:30 – 2:30pm Legs Bums Tums FERGUS OR CHRIS	
	1:15 – 2:15pm Yoga JESS				3 – 4pm TRX FERGUS OR CHRIS	
2 – 3pm Pilates MARY		3 – 4pm T'ai Chi CELESTE	2:45 – 3:45pm Strength & Conditioning <i>Over 60s</i> JAKE			
3:30 – 4:30pm Pilates MARY	3:30 – 4:30pm Eccentrics LARISSA			3 – 4pm T'ai Chi CELESTE		
6 – 7pm Yoga KASIA	6 – 7pm Men's Strength & Conditioning JAKE	6:15 – 7:15pm Body Combat JO	6 – 7pm Yoga MARTINA			
7:30 – 8:30pm Stretch KASIA	7:30 – 8:30pm Women's Strength & Conditioning JAKE	7:30 – 8:30pm Stretch JO	7:15 – 8:15pm Yoga MARTINA	6 – 7pm TRX CLAIRE		

GOOD TO KNOW

Studio hours 6:30am – 8:30pm. Sessions are 60 minutes unless the times shown say otherwise. Dashed cells are free hours the studio can be booked, Monday to Friday.

MOVE

Expert coaching. Every body.

NOURISH

Real food. Seasonal & sustainable.

RECOVER

Recover, recharge and reset.

FLOURISH

A holistic approach to wellbeing for life.

FLOURISH

WELLBEING & FITNESS CLUB · YORK



The Flourish Collection

FLOURISH STUDIO CLASS GUIDE · YORK STUDIO

Move. Nourish. Recover. Flourish.

The Flourish Studio fills each week — from flowing yoga and mat Pilates to high-energy conditioning, gentle mindful movement and deep restorative sound.

Every session is 60 minutes unless the timetable says otherwise, and all are open to every level unless noted.

YOGA · ALL LEVELS

Yoga

Breath, strength, stillness

Our most-taught class, in four styles. Ashtanga — a set, vigorous sequence, the same every time, building strength and stamina. Vinyasa Flow — postures linked to the breath in a continuous, changing flow. Yin — floor postures held for minutes at a time to reach deep connective tissue. Mobility & Flexibility — targeted work to open tight joints and lengthen what training shortens.

PILATES · ALL LEVELS

Pilates

Control from the centre

Mat-based Pilates focused on core strength, posture and precise, controlled movement. A perfect partner to reformer work.

LES MILLS · ALL LEVELS

Body Combat & Stretch

A collection of classes choreographed for you

Two Les Mills programmes, same philosophy. BODYCOMBAT is high-energy martial-arts-inspired cardio — no contact, no experience needed, and the best hour of stress relief on the timetable. STRETCH is its opposite number: slow, guided lengthening for tight hips, shoulders and backs.

SUSPENSION · ALL LEVELS

TRX

Your bodyweight, amplified

Suspension training using straps and bodyweight. Every exercise scales to your level, so beginners and regulars train side by side.

CONDITIONING · ALL LEVELS

Circuits

Keep moving

Timed stations mixing strength and cardio. Work at your own pace — the clock sets the rhythm, you set the effort.

STRENGTH · ALL LEVELS

Weights

Lift with confidence

Coached resistance training with free weights. Technique first, load second — build real strength safely.

LOWER BODY · ALL LEVELS

Legs Bums Tums

The classic, done properly

Focused conditioning for legs, glutes and core. Simple, effective and satisfyingly hard work.

DANCE FITNESS · OVER 60S

Zumba Gold

Dance, laugh, repeat

Latin-inspired dance fitness at a gentler pace, designed for over-60s. All the fun, none of the intimidation.

RECOVER · ALL LEVELS

Sound Bath Meditation

Two hours to switch off

A deep, immersive sound and meditation session. Lie back, listen, and let the week go. Sundays, two hours.

MINDFUL MOVEMENT · ALL LEVELS

T'ai Chi

Slow is strong

Gentle, flowing sequences that build balance, focus and joint mobility. Especially good for anyone easing back into movement.

STRENGTH · MEN'S, WOMEN'S & OVER 60S

Strength & Conditioning

Built for who's in the room

Coached strength and conditioning, run in three editions: Men's and Women's on Tuesday evenings, and an Over 60s session on Thursday afternoons.

STRENGTH · ALL LEVELS

Eccentrics

Strength in the lowering

A type of strength training where a muscle actively lengthens while under load, usually during the lowering phase of a movement. Taught at Flourish by one of only ten instructors in the UK qualified to deliver it.

GOOD TO KNOW

1 New here?
Start with Yoga, Stretch or T'ai Chi

2 Want to work hard?
Body Combat, Circuits or Strength & Conditioning

3 Need to switch off?
Stretch or the Sunday Sound Bath

Over 60s
Zumba Gold on Tuesday mornings and Strength & Conditioning on Thursday afternoons are designed for you.

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Reformer Pilates Timetable

WEEKLY CLASS SCHEDULE · YORK STUDIO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 8:00 AM	—	Power Reformer LEVEL 2 NESS	Reformer Roots LEVEL 1 STACEY	—	Power Reformer LEVEL 2 JESSICA	—	—
8:30 – 9:30 AM	Reformer Refine LEVEL 2 STACEY	Reformer Ritual ALL LEVELS NESS	Reformer Refine LEVEL 2 STACEY	Reformer Elevate LEVEL 3 STACEY	Reformer Roots LEVEL 1 JESSICA	Reformer Roots LEVEL 1 STACEY	Reformer Ritual ALL LEVELS JESSICA
10:00 – 11:00 AM	Power Reformer LEVEL 2 STACEY	Reformer Roots LEVEL 1 STACEY	Reformer Ritual ALL LEVELS STACEY	Power Reformer LEVEL 2 STACEY	Soar & Recover JUMP + STRETCH · L1 JESSICA	Power Reformer LEVEL 2 STACEY	Reformer Roots LEVEL 1 JESSICA
11:30 – 12:30 AM / PM	—	Everyday Strong AGEING WELL STACEY	Soar & Recover JUMP + STRETCH · L1 STACEY	Reformer Refine LEVEL 2 STACEY	—	Reformer Refine LEVEL 2 STACEY	—
2:30 – 3:30 PM	—	—	Everyday Strong AGEING WELL STACEY	—	Everyday Strong AGEING WELL STACEY	—	—
5:30 – 6:30 PM	Reformer Roots LEVEL 1 JESS	Soar & Recover JUMP + STRETCH · L1 HANNAH	Reformer Roots LEVEL 1 STACEY	Reformer Elevate LEVEL 3 HANNAH	Power Reformer LEVEL 2 STACEY	—	—
7:00 – 8:00 PM	Reformer Refine LEVEL 2 JESS	Reformer Elevate LEVEL 3 HANNAH	Men on the Reformer MEN ONLY STACEY	Reformer Roots LEVEL 1 HANNAH	Reformer Ritual ALL LEVELS STACEY	—	—

CLASS KEY

- Reformer Roots · Beginner
- Reformer Refine · Intermediate
- Reformer Elevate · Advanced
- Reformer Ritual · Stretch
- Power Reformer · Strength · L2
- Soar & Recover · Jump + Stretch · L1
- Everyday Strong · Ageing Well
- Men on the Reformer · Men Only

GOOD TO KNOW

All classes are 60 minutes with a 30-minute changeover for equipment reset and arrival. New to reformer? Begin with Reformer Roots or Reformer Ritual. Reformer Elevate requires prior experience; Soar & Recover is beginner-friendly. Please book ahead — spaces are limited.

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The Flourish Collection

REFORMER CLASS GUIDE · YORK STUDIO

Move. Nourish. Recover. Flourish.

Every Flourish reformer class carries its own name and its own purpose. The level ladder — Roots, Refine, Elevate — maps your journey on the reformer, while our signature sessions shape the week around strength, recovery and everyday movement. All classes are 60 minutes.

BEGINNER · LEVEL 1

Reformer Roots

Where your practice takes hold

Footwork, breath and the fundamentals of the reformer. The perfect first class — and one worth returning to.

INTERMEDIATE · LEVEL 2

Reformer Refine

Where the craft happens

Technique polished, sequences linked, springs lightened. The level where movement becomes second nature.

ADVANCED · LEVEL 3

Reformer Elevate

The full expression

Complex transitions, balance work and advanced repertoire. Prior reformer experience required.

STRENGTH · LEVEL 2

Power Reformer

Heavier springs, real strength

Slower tempo, heavier resistance, serious work. Strength training, the reformer way.

STRETCH · ALL LEVELS

Reformer Ritual

Recover, recharge, reset

Deep, supported stretch and slow release on the reformer. The hour your body looks forward to all week.

JUMP BOARD + STRETCH · LEVEL 1

Soar & Recover

Fly, then completely let go

Low-impact cardio on the jump board, finished with deep stretch and release. Effort and ease in one hour.

FUNCTIONAL · AGEING WELL

Everyday Strong

Strength for the years ahead

A class for ageing well — gentle, purposeful strength work built on the reformer. Lifting, reaching, carrying, balance: the everyday capabilities that keep you active, confident and independent.

MEN ONLY · ALL LEVELS

Men on the Reformer

Wednesdays · 7:00pm

A men's-only session covering the fundamentals and strength work — no experience needed, every level welcome.

THE LEVEL LADDER

1

Reformer Roots

Begin here — build your foundation

2

Reformer Refine

Progress — link, flow and control

3

Reformer Elevate

Advance — the full repertoire

Signature classes

Reformer Ritual and Men on the Reformer welcome every level. Everyday Strong is our ageing-well class. Soar & Recover is Level 1; Power Reformer is Level 2.

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Personal Training

ONE-TO-ONE & SMALL GROUP · YORK STUDIO

Move. Nourish. Recover. Flourish.

Personal training sessions are available to book 1:1, 2:1 or in small groups, with both female and male instructors available.

AVAILABILITY

MONDAY – FRIDAY	08:00 – 20:00
SATURDAY	08:00 – 15:00

BOOKING VIA THE APP OR DIRECTLY WITH YOUR TRAINER.

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Your Flourish Profile

HEALTH & LIFESTYLE SCREENING · THE FLOURISH HEALTH SCREENING SYSTEM

Move. Nourish. Recover. Flourish.

60

key health markers. One sitting. Instant results.

A naturopathic health and lifestyle screening that looks for the root cause rather than the symptom. Everything is measured in the studio, read together as one picture, and turned into a programme you can start the same day.

Insulin Resistance

Where we start, because it sits upstream of so much else. When cells stop responding well to insulin, blood sugar and insulin both stay high — and persistently raised insulin is a driver of chronic, low-grade inflammation throughout the body. That inflammation is what quietly links stubborn weight around the middle, afternoon energy crashes, sugar cravings, poor sleep, joint aches, brain fog and slower recovery from training. Left unaddressed over years it also raises the risk of type 2 diabetes, cardiovascular disease and fatty liver. The encouraging part: insulin resistance is one of the earliest markers to shift, and one of the most responsive to changes in food, movement and sleep — which is exactly what your programme is built around.

INSULIN RESISTANCE TEST · BLOOD SUGAR REGULATION · INFLAMMATORY LOAD

Digestion & Gut

Digestive analysis and food intolerance testing — the naturopathic starting point for fatigue, inflammation and stubborn symptoms.

DIGESTIVE ANALYSIS · FOOD INTOLERANCE TESTING

Heart, Lungs & Circulation

Lung function, blood oxygenation, circulation health and elasticity, and blood pressure.

LUNG FUNCTION · BLOOD OXYGENATION ·
CIRCULATION HEALTH & ELASTICITY ·
BLOOD PRESSURE

Stress & Nervous System

An autonomic nervous system test: how you respond to stress, how well you rest and digest, and where your energy sits.

AUTONOMIC NERVOUS SYSTEM TEST ·
STRESS RESPONSE · REST & DIGEST BALANCE ·
ENERGY LEVELS

pH, Urine & Temperature

Saliva and urine pH, urine analysis and body temperature — simple measures that say a great deal about the internal environment.

SALIVA PH · URINE ANALYSIS · BODY TEMPERATURE

Live Blood Analysis

A drop of blood examined under the microscope, with investigation of inflammation and possible viral or bacterial activity.

LIVE BLOOD UNDER THE MICROSCOPE · INFLAMMATION MARKERS ·
VIRAL & BACTERIAL INVESTIGATION

MARKERS

60

DURATION

75 minutes

RE-CHECK

6 months

RESULTS & PROGRAMME

Results are instant — you leave with a printed profile and a personalised programme covering nutrition, movement, rest and recovery, including which Flourish classes will support it. Where more detail is needed we can send away for hormone testing, hair mineral analysis, a gut panel, or bacterial and parasite testing. A re-check at six months measures the same markers, so progress is visible rather than assumed.

BOOK AT RECEPTION OR THROUGH THE APP

This is a naturopathic health and lifestyle screening — it does not diagnose, treat or replace medical care. Where a result warrants further investigation, we will say so and encourage you to speak to your GP.

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Recovery is not the reward for training — it is part of it. Two treatments that work in opposite directions: one cools the body sharply, the other feeds it light.

Cryotherapy

Three minutes. Whole body.

Whole-body cold exposure in a chamber cooled far below freezing. A short, controlled dose of extreme cold that constricts the circulation and then floods it — used to calm inflammation, speed recovery between hard sessions, and lift mood and alertness for hours afterwards.

2–3 MINUTES

POST-TRAINING RECOVERY

INFLAMMATION & SORENESS

SUPPORTS METABOLIC RATE

MOOD & ALERTNESS

SLEEP QUALITY

Red Light Full Body

Recover, renew, revitalise.

Five proven wavelengths of red and near-infrared light, delivered full body at clinic level. The light is absorbed by the mitochondria inside your cells, prompting them to produce more energy — which shows up as faster recovery, calmer joints and muscles, brighter skin, and steadier energy and mood. Cool, comfortable and repeatable, with benefits that build through consistency rather than intensity.

10–20 MINUTES

FIVE WAVELENGTHS

FULL BODY COVERAGE

FASTER RECOVERY

CALMER JOINTS & MUSCLES

SKIN, ENERGY & MOOD

Cryotherapy is not suitable during pregnancy, or with uncontrolled high blood pressure, heart conditions, or circulatory disorders such as Raynaud's. A short health screening is completed before your first session — please tell us about any medical condition or medication.



The oldest recovery pairing there is. Heat to open everything up, cold to close it down again — and the swing between the two is where most of the benefit sits.

Traditional Sauna

Dry heat, slow exhale.

A traditional dry sauna, for heat that works its way in slowly. Time here relaxes tight muscle, opens the circulation and gives the nervous system somewhere to unwind — the counterweight to everything else in the club.

10–15 MINUTES PER ROUND

MUSCLE RELAXATION

CIRCULATION

STRESS & SLEEP

TAKE BEFORE THE ICE

Brass Monkey Ice Bath

The hard part. The good part.

A Brass Monkey ice bath held at true cold-plunge temperature, filtered and maintained daily. Two to five minutes is plenty — the aim is controlled breathing under cold stress, not endurance. Cold immersion blunts post-training soreness, sharpens focus and leaves most people noticeably calmer afterwards. Best taken after the sauna, alternating heat and cold, and always finished on cold.

2–5 MINUTES

CONTRAST WITH THE SAUNA

INFLAMMATION & SORENESS

MENTAL RESILIENCE

FINISH ON COLD

Contrast bathing is not suitable during pregnancy, or with heart conditions, uncontrolled blood pressure or epilepsy. Never use the sauna or ice bath after alcohol. Please tell us about any medical condition or medication before your first session.



Therapies

REFLEXOLOGY, REIKI & LYMPHATIC FACIAL · YORK STUDIO

Move. Nourish. Recover. Flourish.

Three hands-on treatments for the parts of recovery that training cannot reach — the nervous system, the lymphatic system, and the simple business of switching off.

Reflexology

Reflexology works on the principle that points on the feet correspond to systems elsewhere in the body. Firm, precise pressure is applied through the feet while you lie fully clothed and warm — no oils, nothing to take off, nothing to do. Most people find it deeply relaxing in its own right; many also notice a difference in sleep, stress levels and digestion over a course of treatments rather than a single visit.

45 OR 60 MINUTES · FULLY CLOTHED
· BY APPOINTMENT

Reiki

A gentle, hands-on (or hands-above) energy treatment given while you lie fully clothed and still. Nothing is manipulated and nothing hurts — most people describe warmth, heaviness and a slow unwinding. Popular with members carrying stress, grief or burnout, and with anyone who finds it hard to switch off.

45 OR 60 MINUTES · FULLY CLOTHED

Lymphatic Facial

Light, rhythmic drainage work across the face, jaw and neck to move lymph, ease puffiness and lift dull skin. Not a deep-tissue massage and not a facial in the product sense — the technique is the treatment. Noticeable after one, better after a few, and a good pairing with sauna or red light.

45 MINUTES · DRAINAGE TECHNIQUE

Reflexology, Reiki and lymphatic facial treatments are complementary therapies and are not a substitute for medical care. Please tell your therapist about any medical condition, medication or pregnancy before your first treatment.

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Private GP & Physiotherapy

CLINICAL CARE · YORK STUDIO

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Two clinical services on site, so the things that get in the way of training — pain, injury, or a symptom you have been ignoring — can be dealt with properly.

Private GP

In partnership with Stonegate Medical Clinic, York. Same-day appointments with experienced local doctors, longer consultations and genuine continuity — you see a doctor who knows you. Same-day on-site diagnostics, specialist referrals without the usual waits, health checks and medicals, vaccinations and travel medicine, minor procedures, children's health and mental wellbeing support. The natural next step when Your Flourish Profile flags something worth a doctor's eye.

SAME-DAY APPOINTMENTS · STONEGATE MEDICAL CLINIC

Physiotherapy

Assessment, hands-on treatment and rehabilitation for injury, pain and movement problems — working alongside your coach and your programme.

INITIAL 45 MINUTES

Private GP and Physiotherapy are delivered by independently qualified and regulated practitioners. A consultation precedes first treatment, and both services are available to members and non-members.

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IV Therapy & Aesthetics

NURSE-LED TREATMENTS · YORK STUDIO

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Both delivered by Clare Jackson, Registered Nurse — so what goes into your skin and what goes into your bloodstream are considered together, not separately.

Get A Drip

Vitamin IV drips, booster shots, blood tests and compression therapy with Get A Drip York & Harrogate. Micronutrients and hydration delivered straight into the bloodstream, with drips for energy, sleep, physical performance, immunity, longevity, hair, skin and nails, brain fog and stress — or personalise your own. Every drip and injection begins with a free medical consultation, and treatments are given by registered clinicians.

FREE CONSULTATION FIRST · GET A DRIP YORK

Aesthetics

Nurse-led aesthetics with Clare Jackson, Registered Nurse. Every treatment begins with a consultation — time to talk through what you want, what will actually help, and what is best left alone. Nothing is booked on the day you first ask. Clare also delivers Get A Drip at Flourish, so treatment plans and IV therapy can be considered together.

CONSULTATION FIRST · CLARE JACKSON RN

Aesthetic treatments and IV therapy are delivered by a registered nurse and are subject to individual consultation, medical screening and suitability. Neither is available to under-18s.

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